

Asthma Action Plan

Children's Hospital Asthma Clinic (205) 939-9583

Date _____

Name _____

Pediatrician _____

Phone _____

Green Zone

Peak flow _____ to _____

Take These Control Medicines Every Day, Sick or Well.

Green
Zone

You have all of these:

- Breathing is good
- No cough or wheeze
- Can work/play
- Sleeps all night



1. _____
2. _____
3. _____
4. _____

15 minutes before exercise or play use Albuterol with spacer/ Maxair 2 puffs.

Yellow Zone

Peak flow _____ to _____

Take Every Day Medicines and Add Quick – Relief Medicine.

Yellow
Zone

You have any of these:

- Cough
- Wheeze
- Tight chest
- Coughing at night

Albuterol with spacer/Maxair 2-4 puffs or a machine treatment every 4 hours.

If not better after 2 days, call doctor for further instructions.



Cough



Wheeze



Tight
chest



Wake up
at night

Red Zone

Peak flow _____ to _____

Increase Quick Relief Medicine!

Red
Zone

Your asthma is getting worse:

- Breathing is hard and fast
- Nose opens wide
- Can't walk or talk well
- Ribs show



Take quick relief medication (Albuterol) 6 puffs or 1 machine treatment every 20 minutes for 1 hour. If worsening during treatments or not better after 3rd treatment, go to the closest emergency department or call 911.